In recent years, I am happy to say that there has been a strong trend for our Melbourne based Armenian organisations to be working together on many projects – fundraisers, cultural evenings, hosting special guest speakers, raising funds for Armenia, commemorating the Genocide … to name but a few. Whilst the bulk of the Melbourne community has been residing in Australia for somewhere, on average, between 35 – 50 years, we are still deemed a young community by comparison with others. However, I don’t think we should be so hard on ourselves. Many will criticize and say that we have achieved little and set the benchmark quite high. Don’t be so hard on us. We’ve all come to a new country and have had to adopt, adapt and integrate. Many have had to learn the language. Not an easy task when you arrive as an adult. It’s ok for the young ones, they are like sponges. The mature age migrant was oftentimes uprooted and had much to face in their new home. For most of us, back home, wherever we hailed from, we were already an accepted part of that community – socially and at work. Suddenly we had to start from scratch. Consider that in that short time we have made our mark in so many walks of life – medicine, law, teaching, architecture, philanthropy, art, music and so much more. Just think of time for a minute. It’s already half way through the year! Yes, half the year – gone. I bet there was a lot you wanted to achieve by July and chances are your list is as yet untouched. So consider 35 – 50 years. It’s only 70 times more than how far into 2013 we currently are! Why I say this is to illustrate that we are a young community and given its only been that long, we have achieved much and we are achieving more and more and doing it more steadily, consistently and in most part, with far-sightedness, integrity and courtesy (the magic word!).

For those of us that expect more, take a step back and be fair. Be fair in your evaluation. Don’t base your assessment on an individual but rather on the group. We have established churches, clubs, organizations, sports teams, language schools, magazines, and fundraising committees for those less fortunate … and so the list goes on. Yes, we are not done – far from it. There is more to do and we will get there … it’s just a matter of time and accepting to work together in harmony. We speak the same language but sometimes that’s not enough. We need to have more in common than just our mother tongue. We need to have the same goals and we need to be forgiving, patient and open-minded and accepting of each other’s differences. This reminds me of a story I heard hears ago. I will share it with you now.

It was the coldest winter ever.

Many animals died because of the cold. The porcupines, realizing the situation, decided to group together to keep warm. This way they covered and protected themselves; but the quills of each one wounded their closest companions. After a while, they decided to distance themselves one from the other and they began to die, alone and frozen. So they had to make a choice: either accept the quills of their companions or disappear from the Earth. Wisely, they decided to go back to being together.

They learned to live with the little wounds caused by the close relationship with their companions in order to receive the warmth that came from the others.

This way they were able to survive.

Moral of the story: The best relationship is not the one that brings together perfect people, but when each individual learns to live with the imperfections of others and can admire the other person’s good qualities.

This is my ‘food for thought’ for this issue. Be kind to yourself. Be kind to others. Be kind.

Gloria Hotakorzian
Editor
### Community News

**What’s on ... in 2013**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
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<tbody>
<tr>
<td><strong>Sunday 21 July</strong></td>
<td><strong>Quiz/Trivia/Fun</strong>&lt;br&gt;Starting at 5.30 p.m on Sunday 21 July we will be having a Quiz/Trivia event, suitable for all ages. So start organising your teams (approximately 10 per table) and get the brain cells working.&lt;br&gt;Cost is $15 per person and $10 for kids. Hot savouries, pizza and soft drinks included.&lt;br&gt;Venue: Glen Waverley Community Centre.</td>
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<td><strong>Monday 29 July</strong></td>
<td><strong>Meal Night</strong>&lt;br&gt;Venue: Glen Waverley Community Centre, from 7.30 p.m.&lt;br&gt;<em>Menu: Mante&lt;br&gt;Proceeds to the Syrian Armenians fund.</em></td>
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<td><strong>Monday 5 August</strong></td>
<td><strong>Visit by Richard Hovanissian</strong> – Professor of Armenian &amp; Near Eastern History and prominent Armenian academic from the U.S.&lt;br&gt;Topic of presentation: In Search of Historic Western Armenia.&lt;br&gt;Cost: Free entry. Donations encouraged.&lt;br&gt;Venue: Sahagian Pavilion&lt;br&gt;Further details contained in this newsletter.</td>
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<td><strong>Monday 26 August</strong></td>
<td><strong>Meal Night</strong>&lt;br&gt;Venue: Glen Waverley Community Centre, from 7.30 p.m.&lt;br&gt;<em>Menu: Winter Soups&lt;br&gt;Proceeds to the Syrian Armenians fund.</em></td>
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<td><strong>27-29 September</strong></td>
<td><strong>AGBU Camp</strong>&lt;br&gt;It is time once again to pack your gear and join us for the traditional AGBU camp, where you are guaranteed plenty of laughs, excitement, activities and above all, loads of fun.&lt;br&gt;Ideally situated in Mt Martha the Briars Outdoor Education Camp is the perfect venue for our 2013 camp. This year, the camp will be held on AFL grand final weekend.&lt;br&gt;Activities include: The Leap of Faith, The Giant Swing, The Flying Fox, Canoeing, Fishing, Team initiatives, Archery, Low ropes, volleyball, hut building, beach walks and most important of all, a campfire.&lt;br&gt;Those wishing to come for the day will also be accommodated.</td>
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<td><strong>Monday 30 September</strong></td>
<td><strong>Meal Night</strong>&lt;br&gt;Venue: Glen Waverley Community Centre, from 7.30 p.m.&lt;br&gt;<em>Menu: Noodles&lt;br&gt;Proceeds to the Syrian Armenians fund.</em></td>
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<td><strong>Saturday 19 October</strong></td>
<td><strong>UK based stand up comedian Kev Orkian</strong> to perform live in Melbourne. Proceeds to Hayastan All Armenian Fund. Do keep this date free. A show not to be missed. <em>(more details to follow).</em></td>
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<td><strong>Saturday 23 November</strong></td>
<td><strong>Keep this date free.&lt;br&gt;Further announcement to follow</strong></td>
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<td><strong>Tuesday 31 December</strong></td>
<td><strong>New Year’s Eve</strong>&lt;br&gt;Celebrate New Year’s Eve with AGBU at the Glen Waverley Community Centre.&lt;br&gt;Get in early and secure your spots.</td>
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On August 5, 2013 – 7.30 p.m. Professor Richard Hovannisian who is an expert on the important role of Smyrna (Izmir) in modern Armenian history and the inferno that engulfed the city in September 1922 will speak to our Melbourne community at the Sahagian Pavilion. Another topic that the Professor is well versed in is the search of historic Western Armenia. Hovannisian is the editor of the recently published Armenian Smyrna/Izmir, the eleventh volume of proceedings from the UCLA conference series Historic Armenian Cities and Provinces. He also traveled to Izmir and its environs in June 2012 as the historian-guide for a NAASR Armenian Heritage Tour.

September 2012 marked the 90th anniversary of the Smyrna Catastrophe when much of the city, the second largest in the Ottoman Empire, was destroyed by fire during the final phase of the Greco-Turkish war. The calamity, a part of the final phase of the Armenian Genocide, marked the end of a strong Christian presence in the historic Aegean coastal region and turned hundreds of thousands of Greeks and Armenians into refugees.

GET WELL SOON
- Mrs Nadia Iskguzar – following a minor procedure. Here’s to a full & speedy recovery.
- Mr Agop Semerjian – following a recent illness
- Mr Vrej Sakadjian – following a minor procedure
- Mrs Mary Aznavorian — following a recent stay in hospital.

RIP
- Mrs Ossanna Soujian. Our sincerest condolences to Mrs Mayda Semerdjian and grandsons Jacque & Alec.
- Mr Bedros Kechichian. Our heartfelt sympathies to Sarkis & Annie Kechichian and grandchildren Bedros, Mary & Natali.

Hayastan All-Armenian Fund

This year, the HAAF has decided that their annual fundraising effort will be through the Sale of raffle tickets and the Comedy Night with Kev Orkian.

All proceeds from both fundraisers will be directed to this year’s project, as well as helping our fellow Armenians in Syria.
International Delegation Commemorates the Armenian Genocide in Istanbul - Tuesday, April 30, 2013

An unprecedented joint delegation of AGBU Europe and EGAM – European Grassroots Antiracist Movement - comprised of 20 people from 15 European countries, gathered in Istanbul to commemorate the Armenian Genocide of 1915. They were invited by DurDe! (Say Stop to Racism and Nationalism), a Turkish organization that has been commemorating the Armenian Genocide for the past four years.

On April 24, symbolically at 19:15, up to 2,000 Turks, Armenians and others peacefully gathered at Istanbul's centrally-located Taksim Square in an emotional moment of mourning, commemoration and solidarity. Earlier in the day, they also gathered outside the former Sultanahmed Prison (now a museum), where Armenian intellectuals, professionals and others arrested on April 24, 1915, were first jailed, before being taken away and murdered.

A strong police presence kept watch as a small gathering of protesters shouted nationalist slogans nearby.

These events were organized by DurDe! and IHD, a Turkish Human Rights Association. The international delegation, organized and led by EGAM and AGBU Europe, included leading European activists against racism as well as young Armenian leaders.

In the days leading up to the April 24 commemoration in Istanbul, delegation members held numerous meetings, a press conference and a conference at Şehir University to explain their views and actions, as well as to learn about developments in Turkey relating to the recognition of the Genocide and the treatment of minorities.

EGAM President Benjamin Abtan said his visit was intended primarily as an expression of support for those in Turkey who are fighting against racism. "Genocide is the worst expression of racism," he said. "Genocide denial is a continuation of the crime of genocide".

On April 25, at the invitation of AGBU-Armenia, a small group of delegates travelled to Yerevan to commemorate the Armenian Genocide together and share their experience in Istanbul with the Armenian public. The delegation members - EGAM's Abtan, AGBU Europe President Nicolas Tavitian and DurDe! Representative Yıldız Önen - laid a wreath at the Genocide Memorial in Yerevan and met with Armenian Genocide Museum-Institute Director Hayk Demoyan. They also held a press conference and met with representatives of non-governmental organizations involved in Armenia-Turkish relations at the AGBU Armenia offices.

The Delegation's activities in Istanbul and Yerevan received ample coverage in the Turkish, Armenian and European press. An appeal, issued by the organizers and signed by well-known figures in Europe, was published in the European press shortly before April 24. Tatevik Baghdasaryan (left), host of Arminews talk show Manramasner, interviewed DurDe! Representative Yıldız Önen and AGBU Europe Board Member Nicolas Tavitian. The interview can be seen at: http://www.armnewstv.am/hy/1346315300.

AGBU Europe Board Member Nicolas Tavitian said, "After the assassination of Hrant Dink in 2007, many Turks realized that the Armenian Genocide continues to kill, and that its continued denial is toxic for Turkish democracy." He added, "Courageous people have started to push in the right direction, and their numbers are growing. But their struggle is not over and they need all the support they can get. That is why we were in Istanbul, and why we look forward to many more joining us next year".

For her part, the AGBU Yerevan Office Director Arpi Vartanian said, "It was important for representatives of AGBU Europe, DurDe and EGAM to visit Yerevan and present in person their initiatives and impressions in Turkey. The people in Armenia are interested in learning about Genocide recognition events outside Armenia, and especially in Turkey," she said. "The opportunity to discuss and share with the press and members of civil society here was important. These types of events and initiatives - both in Turkey and in Armenia - make a huge impact on civil society."
AGBU and AUA to Help Spark Economic Growth in Karabakh

AGBU Pledges $575,000 to Launch Continuing Education Program for Students and Adults

STEPANAKERT--The American University of Armenia (AUA) and the Armenian General Benevolent Union (AGBU) have launched a collaborative initiative to help reignite the workforce in the Nagorno-Karabakh Republic.

AGBU and AUA issued the announcement on Wednesday, April 3 during a ribbon cutting ceremony at Stepanakert School #3, attended by Karabakh Speaker of Parliament Ashot Ghoulian, Karabakh Prime Minister Ara Harutyunyan and other government officials. Following the ceremony, AUA hosted two open house events at the school, introducing its graduate, undergraduate and extension programs to the local community.

While in Stepanakert, the AUA and AGBU delegation also visited with Nagorno-Karabakh Republic President Bako Sahakyan, who is a strong proponent for developing Karabakh's education system.

"We are fully aware of what the American University of Armenia brings to Karabakh and I can assure you that we will do everything to support you fully," said President Sahakyan. "More importantly, we will express our thanks and appreciation through our advancement as a result of your work. I believe this will be the best measure of your success."

To achieve this ambitious goal, AGBU has committed $575,000 over five-years to support a comprehensive Continuing Education Program (CEP) in Karabakh through AUA Extension. CEP will offer six levels of English language instruction and 4 certification tracks in Strategic Management, Executive Leadership, Public Policy Planning & Administration, and Tourism & Hospitality Management.

"Education is key to sparking economic growth and AUA is excited to be working with AGBU to deploy a curriculum that helps create educational opportunities that translate into university degrees or prosperous careers in Karabakh, Armenia or the world," said AUA President Bruce Boghosian.

"Through CEP, AUA Extension will provide quality, continuing education opportunities in Karabakh that enhance career paths, promote higher education, and contribute to sustainable economic development."

AUA Extension will begin offering its CEP courses at Stepanakert School #3 while AGBU builds a new cultural, educational and artistic complex to house this and other programs.

President Sahakyan noted that AGBU is an organization that is an integral part of NKR, and it was foreseeable that AGBU would initiate such a program.

"An exciting new era begins today. The AGBU NKR Campus, when completed, will expand the horizons of the people of Artsakh, provide new opportunities and contribute to the sustainable, economic development of the country," said AGBU Central Board Member Vasken Yacoubian. "The new campus is the natural continuation of AGBU's unwavering support and commitment to the stability and prosperity of Karabakh since 1988."

When construction is complete, the new AGBU NKR Campus will offer a wide range of programs for youth and adults, including training in the creative arts, media, and Internet technologies. These classes will be available to high school and college students, local businesses, entrepreneurs, and government officials.

Through the campus, CEP will offer university test preparatory courses, seminars in management, public speaking, and computer software, as well as workshops on career development, resume writing and interview skills.

Established in 1906, AGBU (www.agbu.org) is the world’s largest non-profit Armenian organization. Headquartered in New York City, AGBU preserves and promotes the Armenian identity and heritage through educational, cultural and humanitarian programs, annually touching the lives of some 400,000 Armenians around the world.
AGBU World News

Continued from AGBU and AUA to help spark economic growth in Karabakh………

Founded in 1991, the American University of Armenia (AUA) is a private, independent university located in Yerevan, Armenia and affiliated with the University of California. AUA provides a global education in Armenia and the region, offering high-quality, graduate and undergraduate studies, encouraging civic engagement, and promoting public service and democratic values.

For news about AUA, visit the university Newsroom (newsroom.aua.am) or follow developments as they happen on the AUA Facebook Page (www.facebook.com/AUArmenia).

AGBU YP NORTHERN CALIFORNIA'S ANNUAL WINTER GALA RAISES $4,000 FOR HUMANITARIAN WORK IN SYRIA AND ARMENIA

Hundreds Gather for 14th Annual Weekend Event in San Francisco

A 14-year-old tradition took on new meaning this year at the AGBU Young Professionals of Northern California's (YPNC) San Francisco Annual Winter Gala Weekend, which garnered significant support for Armenians both in war-torn Syria and the border village of Barekamavan, Armenia. From Friday, February 15 to Sunday, February 17, 2013, 300 young professionals gathered in the city for a weekend filled with fundraising and social events that raised $4,000 for humanitarian initiatives abroad.

On Friday, a meet-and-greet at the host hotel, downtown's Sir Francis Drake, set an exciting tone for the weekend, which catered to locals and out-of-towners alike. Keeping the momentum going, nearly 250 YPs headed to the SoMa District later that evening for the longtime favorite Club Night.

This year, YPNC also introduced a brand-new activity, a Sunday tour on San Francisco's iconic cable cars, which took guests to some of the most popular tourist attractions - from Fisherman's Wharf to the Golden Gate Bridge and past the "Painted Ladies," the 19th century Victorian homes that have come to define the city.

The Winter Gala weekend gave YPs an opportunity not only to connect with one another but to remember the ties that bind them to Armenians at risk overseas: in Syria, where the conflict rages on, and in Barekamavan, where poverty is widespread. The weekend's signature event, the Saturday night gala at the San Francisco War Memorial Performing Arts Center, featured prominent journalist Lara Setrakian as the keynote speaker, who put the focus on the plight of Syrian Armenians.

Ms. Setrakian, who has been working in the Middle East as a Bloomberg Television correspondent and ABC News reporter for years, described the daily struggles for families in Aleppo, Damascus, Kamishly, and across the country and the region. She remarked, "The Syrian civil war - their war - is one of the defining events of our time. It defines their fate. It defines the future of the Middle East. It defines what it means to be Armenian in our generation - whether we step up and take care of each other in an hour of desperate need," issuing a powerful appeal to support AGBU's relief efforts on the ground. For a copy of Lara Setrakian's address, visit www.agbu.org.

Funds raised throughout the weekend will allow AGBU to continue to meet the urgent needs of thousands of Armenian families in Syria, as well as those who have been displaced to Armenia and Lebanon. At the same time, it will enable the AGBU Young Professionals Network to implement Phase 2 of its "Go Green" campaign, the Pan-YP Greenhouse Project in rural Barekamavan. YPNC and Gala Co-Chair Steven Cherezian remarked on the event's great impact, stating, "The success of the weekend is a testament to the hard work of our committee, and it truly paid off as we were able to bring hundreds of young professionals together to contribute to two deserving charities." The contributions to the YP Greenhouse Project will help bring fresh crops and sustainable development to the struggling Barekamavan community. Conceived, funded and developed entirely by YP Groups around the world, the "Go Green" initiative has roots in the 2009 AGBU Young Professionals Biennial Assembly in Chicago. In 2010-11, over a dozen international YP Groups joined forces in Phase 1 to build a vibrant new park in the border village of Khachik that local residents enjoy today.
On Saturday 15 June the AGBU held a “60’s Night” at the Glen Waverley Community Centre. The “60’s” theme provided our guests an opportunity to dress up in appropriate 60’s themed costumes and many of those in attendance, both children and adults, took the opportunity to dress up. Prizes were awarded to some of the more inventive costumes, such as the father and son Elvis Presleys, the 1960’s hippies, the young Cassius Clay and others. The effort some people had made to fit in with the 60’s theme was fantastic. The evening was also highlighted by a number of activities, including a hula hoop competition, a dance competition, a mini 1960’s quiz and the obligatory raffle. Musical entertainment for the evening was provided by a Jukebox containing many thousands of songs, including some suitable 60’s ones. A special mention to all our organising sub committee who worked tirelessly to make the evening a success as well as our food sub committee, who once again catered for the hungry guests. Most of all, however, thank you to all those who attended and supported what was, a unique and fun event.

Berdj Tchakerian

98th Armenian Genocide Commemoration Evening – 27 April, 2013
A very successful evening was organised by the Armenian Genocide Commemoration Committee of Melbourne. Hundreds of Melbourne Armenians attended and witnessed music, song and recitals. The keynote speaker was Charles Mahtesian, Editor of a political publication in the USA along with Liana Papoutsis, Human Rights Activist and member of Deakin University’s School of Humanities & Social Sciences. Both speakers, whilst very different from each other were very informative and most interesting.

In Melbourne, Australia ....
On the occasion of the 25th Anniversary of the independence Movement of Artsakh as well as the 21st Anniversary of the Liberation of the City of Shushi, the Armenian Genocide Commemoration Joint Committee of Melbourne organised the screening of the documentary film “Karabakh’s Wounds. The documentary (part of 7 in the series) was an amazing production. It was confronting, sad, informative and yet hopeful. One must appreciate that the person responsible for bringing this story to the screen and for the world to take notice of is a Bulgarian filmmaker by the name of Tsvetana Paskaleva. She is not Armenian yet she chose to not only bring our story to light but to reside in Armenia for the past 21 years. She has virtually adopted us as her new motherland and we in turn should be proud to have her on our side. She displays more pride in our nation than many of us. Her genuine love of our people is overwhelming.

DVD’s of the series of 7 films were for sale that evening. AGBU have purchased one for our own archives and we aim to screen the documentaries for you all to see.

Gloria H.

PartyLite candles and accessories.
Monday 13th May 2013 saw the Glen Waverley Community Centre transformed into a den of flickering candles, tea lights, scents and colour. We were treated to a variety of beautiful product compliments of Marina of PartyLite Candles.
The combination of stylish, modern, classic, funky, colourful yet functional giftware allowed everyone to find something ‘just right’ for them.

Whilst some of these Monday night demonstrations are fundraisers, it is more about the opportunity to socialize and network. Thanks to our diligent Ani Adilian who suggested this demonstration and put me in touch with the consultant.
Karabakh’s Wounds - 5 May, 2013

For millions around the world, news and images of the Nagorno Karabakh war with Azerbaijan are forever burned in memory. The Bulgarian reporter Tsvetana Paskaleva’s dispatches from the frontlines of the 1988-1994 conflict not only helped propel it into the international spotlight, but earned her numerous awards and were developed into her seven groundbreaking documentaries, as well. The films, entitled collectively "Wounds of Karabakh," received renewed attention over the past few weeks during a series of events organized and sponsored by AGBU France, which kicked off Paskaleva’s international tour.

Paskaleva’s work has long been utilized to open the eyes of world leaders to the atrocities suffered by the Armenian community in Karabakh. From 1993-1994, "Wounds of Karabakh" was screened before Amnesty International, the Parliament of Canada, the United Nations and the United States Congress, among other government bodies and organizations.

Paskaleva recounted what first prompted her to visit Karabakh, the violence she witnessed there, and ways she believes the region can achieve peace and stability to move forward. In 1991, when reports of mass deportations of Armenians living in the Karabakh villages of Getashen, Martunashen and Shahumyan reached Moscow, where Paskaleva was a PhD film student, she immediately packed her camera and traveled into the heart of the conflict. What she thought would be a short-term assignment turned into a three year engagement, as she began reporting for major news outlets and became the only international journalist on the ground continuously throughout the Karabakh war.

Years later, though, Paskaleva says her work is not yet done. As she commented during the AGBU France events, "Now is the time for Armenians to win the last battle: the diplomatic battle... I initiated this international tour to remind our politicians that the conflict is still painfully unresolved and that they bear the responsibility to bring sustainable peace to Karabakh so we may finally put the past behind us."

April - Meal Night

On the last Monday of April, our meal night is always a HOKEDJASH. This year we were privileged to have had His Grace Haygazun Najarian as our guest. He was visiting AGBU to meet and greet the committee and members. He spoke to our members and opened up a question/answer session at the conclusion of his address.

Please note: It is opportune for us to advise our members and community that as of and including our April Meal Night (which was the Hokedjash) all 2013 Meal Night income will be directed to aiding our fellow Armenians in Syria.

May - Meal Night

Another successful evening featuring delicious Spaghetti Carbonara or Spaghetti Napoletana (with a twist). Thank you for your support and your appetites. Proceeds to the Syrian Armenians fund.

QUOTE OF THE QUARTER

If you lose hope, somehow you lose the vitality that keeps life moving, you lose that courage to be, that quality that helps you go on in spite of it all. And so today, I still have a dream.

Martin Luther King Jr.
Professor Levon Khachigian
Field: Cardiovascular Medicine and Haematology

Biography

Professor Levon Khachigian is the Director of the Centre for Vascular Research at UNSW, and Head of the Transcription and Gene Targeting Group.

Qualifications: BSc(Hons I), PhD, DSc UNSW

Research Interests
Cardiovascular disease and cancer remain the most prevalent causes of morbidity and mortality. The pathogenesis of these and a myriad of related diseases is underpinned by molecular and cellular changes in our blood vessels. Professor Levon Khachigian’s research is uncovering key networks of transcriptional control and inducible gene-regulatory circuits that lead to vascular disease. The group is also developing new experimental drugs that have the potential to treat a diverse range of health problems, from cancer and inflammation through to eye and heart disease.

Professor Khachigian’s research program has two major objectives:
1- To better understand how harmful genes are controlled in vascular cells.
2- To develop new vascular therapeutic agents.

His teaching interests are:
* Molecular pathobiology
* Molecular biology/transcriptional control
* Atherosclerosis
* Post-angioplasty restenosis
* Inflammation
* Angiogenesis
* Cancer
* Drug discovery

Some of his Thesis topics for current UNSW Medicine postgraduate research students are:
- DNAzymes and neovascular eye conditions.
- Identifying the transcriptional regulation of DcR1 in vascular smooth muscle cells
- Regulation of tumor necrosis factor (TNF)-related apoptosis inducing ligand (TRAIL) expression in vascular smooth muscle cells.
- Signaling and transcriptional control in cancer cells.

Worthy of note are some of the prizes and distinctions Professor Khachigian has received:

Prizes and Distinctions
2012 Distinguished Researcher Award, Australian Vascular Biology Society
2010 The Royal Society of Victoria Research Medal
2010 Premier’s Award for Excellence in Translational Cancer Research
2009 Australia Fellowship NHMRC
2009 Rotary International Vocational Excellence Award
2007 OSMR Eureka James Callachor Prize for Medical Research
2006 GlaxoSmithKline Award for Research Excellence
2006 Wakefield Medal for Research Supervision
2005 First Prize, Khwarizmi International Award for Science and Technology
2005 NHMRC Senior Principal Research Fellowship
2004 Australasian Science Prize
2003 C’wealth Health Minister's Award for Excellence in H/Medical Research
2003 Gottschalk Medal, Australian Academy of Science
2003 Eureka Prize for Scientific Research
2003 Alumni Award for Achievement
2002 NHMRC Principal Research Fellowship
2002 RT Hall Prize, Cardiac Society of Australia & New Zealand
Regions of Armenia: Kotayk

Area: 2038
Population: 328900
Administrative Centre: Hrazdan
Distance from Yerevan to Hrazdan: 50km

The Kotayk Region boasts some of the most astounding nature in Armenia, replete with scenic beauty and fabled monuments. Situated north of Yerevan, with its administrative center Hrazdan, the Kotayk region is one of the popular destinations for local as well as foreign tourists in Armenia. The name of the region goes back to ancient times, to the period of Kot Patriarch. One third the region is forested, and the Hrazdan River is the dominant waterway in the area. Today this area, the jewel of the region, is called Tsakhkadzor, or canyon of flowers. This small winter resort town is a popular tourist destination, located on the eastern slope of Teghenis Mountain 2000 meters above sea level. A relaxing wooded hilly getaway in the summer, Tsakhkadzor is even more popular in the wintertime as a winter resort and its excellent ski slopes.

The village of Arzni, famous for its therapeutic mineral waters, is situated in the picturesque Hrazdan canyon. In recent times, the health spas and treatment centers of Arzni have earned attention as destinations for cardio-vascular treatment.

Hrazdan is the region's most developed industrial center, yet is nevertheless rich with archeological and medieval monuments.

The village of Garni is situated on the edge of the Azat canyon 35 km south of Yerevan. Although the village is most well known for the 3rd century BC temple of the same name, the area is rich in Christian monuments as well, including numerous cross-stones, tombstones, and the frescoed churches of Sourp Astvatsatsin or Mashtots Hairapet, Saint Sargis (17c.). Of architectural significance is the 10th-12th century bridge spanning the Azat river, connecting the Armenian highland with the Ararat valley.

Nearby Geghard may very well be the most astonishing architectural wonder in Armenia. Hewn from the solid rock of a mountainside one can freely walk into a large church dating back nearly 9 centuries. The name Geghard dates back to Biblical times, and is named after the legendary lance said to be the one used to pierce the body of Christ. The lance itself was long kept at the church prior to it being moved to the museum of the Cathedral at Echmiadzin.

South of the town of Abovian along the Hrazdan River lies the town of Yeghvard, famous for its unique assemblage of 4th century stone crosses (khachkars), a two-story church-mausoleum dating back to 1301 and a great number of settlements that stretch up to the village of Aragiugh. The Tegheniats Monastery (6th century) and the churches and fortress of Dovri the Zo-ravor Monastery (7th century) are further examples of architectural wonders shrouded away in the dense forests of Kotayk.
When I was ready to check out and pay for my groceries at the Woolworths the cashier said, "Strip down, facing me."

Making a mental note so I could complain to my local MP about this seemingly unnecessary procedure I did as I was ordered.

After the shrieking and hysterical remarks finally subsided, I found out that she was referring to how I should position my credit card. None the less, I've been asked to shop elsewhere in the future.

They need to make their instructions a little clearer for seniors.

Man, I hate this getting older stuff!

For a Giggle

AGBU YP NORTHERN CALIFORNIA'S ANNUAL WINTER GALA RAISES $4,000 FOR HUMANITARIAN WORK IN SYRIA AND ARMENIA

As the Winter Gala guests said goodbye to San Francisco, they knew it would not be for long: this August, many will return to the city for AGBU FOCUS (www.agbufocus.org), the four-day biennial affair for Armenian young professionals. YPNC and Gala Co-Chair Greg Nemet commented, "We are thrilled with the success of this year's Gala and were happy to host many new faces...we accomplished what we set out to do - bringing the YP network together for an amazing weekend and raising funds for two important charities. Now we move forward with planning for FOCUS 2013!"

For more information about the AGBU Young Professionals, visit www.agbu.org/yp. To learn more about YPNC and its activities, write agbuypnc@hotmail.com or visit www.facebook.com/agbuypnc.

To make a contribution to the AGBU Humanitarian Emergency Relief Fund in support of Syrian Armenians, visit https://donate.agbu.org/agbu-urgent-appeal. To stay up to date on the Pan-YP Greenhouse Project, visit http://www.agbu.org/ypsgogreen.

YOUTH VIBES

Remember ... our intrepid reporter, Antranik has taken a short respite from his segment. He will be back in 2014.

I know many will be looking forward to his new insights and info-logs.
At our recent, very successful ROCKIN’ 60’s evening, we shared the following facts from the 60’s. Interesting reading!

1960
Alfred Hitchcock’s *PSYCHO* was released
Lasers were invented by Theodore Maiman
The Birth Control Pill was approved by the FDA

1961
Adolf Eichmann on trial for his role in the Holocaust
Bay of Pigs invasion
Berlin Wall built
JFK gives “Man on the Moon” speech
Soviets launch first man in space

1962
Cuban missile crisis
Famous escape from Alcatraz by 3 inmates, later made into a movie (Escape from Alcatraz)
First James Bond movie (*Doctor No*)
First person shot and killed trying to cross the Berlin Wall
Marilyn Monroe found dead

1963
First *Dr Who* episode airs
First woman in space (Russian Valentina Vladimirovna Tereshkova)
Great Train Robbery in England
John F Kennedy assassinated by Harvey Lee Oswald
Martin Luther King Jr makes his “I have a dream” speech in Washington D.C

1964
Cassius Clay (a.k.a. Muhammad Ali) becomes World Heavyweight Champion, beating Sonny Liston
Civil Rights Act passes in the US
Japan’s first Bullet Train Line opens
Nelson Mandela sentenced to life in prison

1965
Malcolm X assassinated
US sends troops to Vietnam

1966
Star Trek – TV series, airs.
Black Panther party established in Oakland, California

1967
Serving Australian prime minister Harold Holt disappears while swimming in Portsea
Che Guevara executed in Bolivia
First heart transplant performed by Dr. Christiaan Barnard in South Africa
First Super Bowl played, the Green Bay Packers defeating the Kansas City Chiefs 35-10
6-day war in the Middle East

1968
Martin Luther King Jr. assassinated by James Earl Ray in Memphis
Robert F Kennedy assassinated by Sirhan Sirhan in Los Angeles

1969
*ARPANET*, the precursor of the Internet, created
Neil Armstrong was the first man to walk on the moon
The Beatles performed their last live performance on the rooftop of the Apple building in London
Recognising the Armenian Genocide

To the members of the Armenian Community commemorating the 98th Anniversary of the Armenian Genocide on 27th April 2013,

My message tonight is to provide the understanding and encouragement for you to continue your fight for the recognition of the Genocide of the Armenian people between 1915 and 1923. According to my research, this systematised mass murder of a people was conducted by the political party who ruled the Ottoman Empire during World War I. Specifically it was known as the Committee of Union and Progress (CUP) popularly known then as the Young Turks. Apparently the Young Turks created a secret unit called the Special Organisation. Its primary function was the carrying out of the mass slaughter of deported Armenians. Cloaked with their ideal of promoting Pan-Turanism, the creation of a new empire stretching from Anatolia into Central Asia was started. This new part of the empire would be exclusively Turkic. This was the basis for plans to annihilate all Armenians in the Ottoman Empire.

Estimates of the numbers of Armenians who were butchered, drowned, starved to death or succumbed to the ravages of the inhuman conditions in the concentration camps they were imprisoned in, amount to a staggering one and a half million people. There were an estimated two million Armenians living in the Ottoman Empire at the beginning of World War I, with over one million deported to camps and hundreds of thousands were butchered. By 1923 the entire land mass of Asia Minor and West Armenia was expunged of its Armenian population.

I have seen a collection of photographs taken by a man called Hellmuth von Mucke, who was a photographer with the German Military Mission to the Ottoman Empire, established in 1913. The men of this mission are regarded as eye-witnesses to the Armenian Genocide. Following is a quote from von Mucke, “The number of slaughtered Armenians, including women and children, can be estimated at 1.2 to 1.4 million. The massacres were conducted on a large scale and completely in public. Following massacres of Armenians one encounters whole bundles of massacred and drowned people. For example, I drove with the motorboat for two hours along clods of Armenian corpses. These were a
It is indeed with pride and pleasure that we insert a letter from Jan Kronberg on the occasion of the 98th Anniversary of the Armenian Genocide. It is always refreshingly heartening to hear of others recognizing the heinous crimes committed against the Armenian nation. We thank Ms Kronberg for taking the time to research our story and for her words of support. We trust this recognition is soon worldwide.

Armenian Genocide
Commemorative Committee Of Melbourne

Proudly presents

An evening with

Professor Richard Hovannisian
Professor Emeritus, University of California, Los Angeles (UCLA)

“In Search Of Historic Western Armenia”

Date: Monday, 5th August 2013
Time: 7.30pm
Venue: Sahagian Pavilion

Light refreshments will be served
"We are still the mountain"

BY CHRIS BOHJALIAN

IN THE coming days, Armenians around the world will come together to acknowledge what I have come to call “The Slaughter You Know Next to Nothing About.” April 24 marks the 98th anniversary of the night the Armenian religious and intellectual leaders were rounded up in Constantinople — and the start of the Armenian genocide.

And yet most of North America probably can’t find Armenia on a map. Certainly only a few of us could pinpoint the mountain of Musa Dagh. Yet Musa Dagh has become for me — an American who is half-Armenian and half-Swedish — the story that brings the Armenian genocide to life.

In the summer of 1915, roughly 4,000 Armenians from six villages in southeast Turkey refused to be marched from their homes by Turkish soldiers and gendarmes into the Syrian desert to die. Roughly 1.5 million of the two million Armenians in Turkey would perish in the First World War, many of them by starvation, dehydration, and disease in the unforgiving Syrian sands.

But not those 4,000. They climbed Musa Dagh, at the edge of the Mediterranean Sea, and used rifles and a few captured cannons to hold off the Turkish army for nearly two months. The women sewed a flag with a red cross on it and dangled it over the side of the cliff that faced the sea, and eventually a French battleship saw it and rescued the Armenians.

If anyone knows bits and pieces of this story, it is likely through German writer Franz Werfel’s magisterial 1933 novel, “The Forty Days of Musa Dagh.” The novel was an international bestseller when it was published, though it was loathed early on by the Nazis. When the Germans were mercilessly putting down the Warsaw Ghetto uprising in 1944, the soldiers were surprised by how many copies of the novel they found among the dead Jewish fighters. It was my Swedish mother who gave me a copy when I was teenager.

Last year I saw that hand-sewn red cross flag. I held one of the rifles the Armenians had used from atop Musa Dagh. The flag and the artifacts sit in a community room beside the school and church in Anjar, the Lebanese town where the French eventually settled the survivors of Musa Dagh. Outside the building is a massive statue that looks at first glance like a sword with its blade in the earth, but on second becomes a cross. And on a mural inside that community room is a summit with an inscription that reads, “Let them come again. We are still the mountain.”

I journeyed to Anjar, as well as to Beirut and Yerevan and the “Bird’s Nest” orphanage in Byblos — where Danish missionary Maria Jacobsen saved the lives of thousands of Armenian orphans — for a lot of reasons.

First, there was my novel, "The Sandcastle Girls." It’s a love story set in the midst of the Armenian genocide in the First World War. Every day that I was writing the book I felt a tug: I needed to view the bones that were pulled from the sands of Der-el-Zor. I needed to pause before the statues of Saroyan and Mother Armenia that anchor Yerevan’s streets and parks. And I needed to walk the grounds of the monastery at Khor Virap and gaze across the Turkish border at Mount Ararat.

There is, of course, an irony here. Ararat, the majestic 17,000-foot massif that dominates the western vista from Yerevan and symbolizes our heritage, isn’t even inside the country’s borders: It’s across the guard posts and fencing in Turkey. So, of course, is Musa Dagh.

Another reason for my journey was my father, an Armenian-American who died just as I was finishing the novel, and his parents, Armenian immigrants — and genocide survivors. These are the sorts of subterranean emotional currents that can inspire a novel and draw a person at mid-life to the Middle East and a small, landlocked country in the Caucasus Mountains. And Armenia is small. Barely three million Armenians live there, compared to approximately seven million outside the country. That’s how big the Armenian Diaspora is: 70 percent of Armenians don’t live in their homeland. And yet, we have retained a national identity: Our sense of a shared history and our sense of place.

Which brings me back to that community room in Anjar and the mural. My sense is that whoever wrote on the wall there, “We are still the mountain,” wanted the sentence to be interpreted two ways. Certainly he meant Musa Dagh: Attack again if you want, we are still those warriors. But he also meant Ararat: Even here in Lebanon, we are still Armenians.

Most of the time when I was in Armenia, clouds masked the summit of Ararat, even when I was at Khor Virap. Around 6 a.m. on my last morning, however, soon after I had climbed into a cab for the airport, I was greeted with a sign that the cosmos is not completely detached: The peak of Mount Ararat, snow-covered even in May. I asked the driver to stop. And there, against a sky that grew from agate to cerulean, I watched the nearly full moon set over the mountain. It was a poignant, powerful, and perfect way to remember that while April 24 is about mourning the dead, it is also about the triumph of the living — and how, indeed, we are still the mountain.

Chris Bohjalian’s 14th novel, “The Sandcastle Girls,” will be published in paperback this week.
Real Estate Corner

Things are looking up!

As you’re no doubt aware, the real estate market moves in cycles and after the initial price falls in 2011 we are now in a period of stability.

The clearance rate for March was 67%, comparing favourably to the 60% recorded in 2012. From the perspective of transactions, both auction and private sale, the REIV estimates a 9% lift in sales. This is a very healthy improvement as it shows overall market activity is higher as more people are actively buying and selling.

It's clear that the auction market in Melbourne is proving to be far stronger than it was last year. "Buyer activity has shown no signs of waning since the Easter break with weekend auction clearance rates strengthening to the highest levels recorded in a month," said a senior economist at APM.

Vendors are also showing they’re feeling more confident; Melbourne’s 500 auctions on the weekend of April 14 and 15 represent a 30% increase on last year.

Regards

Sonia Tchilinguirian
Sales Consultant

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E sonial.hockingstuart.com.au  Sonia 0412 522 786 P (03) 9886 6900 F (03) 9886 6933

Ice wine in Armenia: a Canadian undertaking.

Sent to us by friend Norma Akkelian, the following article is a very interesting discovery of a rather unique wine that hails from Armenia. The article was too long to include (particularly as it has beautiful graphics etc) so we have included the link below and encourage you to take the time to have a look and a read.

http://www.armeaubrands.com/
It Makes Cents

We have pleasure in introducing a new segment, which we feel we have aptly titled. This is aimed at discussing every day issues regarding finance and general money matters. Our own expert, Rafi Sarafian will bring you quarterly updates. Thank you Rafi, for coming up with this new initiative.

For most people superannuation is one of their most important investment assets, and has the potential to be their most tax effective and profitable vehicle for an outstanding retirement. In this first part of a four part series on superannuation, it is prudent to outline what superannuation is and what the benefits of contributing to one are. It is not as hard as you may think. You just need to look at the big picture and take it one step at a time.

Superannuation effectively asks you the big question: “How are you going to fund your retirement?” In other words, when you retire, where is the money going to come from? Well, you may say the money tree, and in a way you are right! You just need to start planting the seeds early enough so that it gives you the fruit when you need it. This way, you will be earning an income from the capital you have accumulated during your working life. The alternative is to get a full or part age pension from the government. It may also be a combination of both, if you are entitled.

However, here lies the problem. The problem with the age pension is two-fold. Firstly, it is not a lot of money and secondly, the ability of the government to fund the pension in the future is going to be stretched. Most baby boomers, who will be retiring over the coming years, will be relying on the age pension, since they would not have accumulated enough assets to provide them with a cash flow in retirement. This is a recipe for disaster, as on one hand you have fewer taxpayers and on the other, the need for the government to pay the age pension.

The answer, without doubt, is to increase skilled migrants. But that’s an issue for another day!

From this you can gather that it is in your interest to have as much of your own capital to be able to fund your income in retirement. This is where the government tries to help us, through the range of incentives and concessions they provide to superannuation funds and the periodic requirement of employers to contribute to superannuation funds. Contrary to some, superannuation is NOT an investment. It is merely a structure (like a company or trust) established for the purpose of holding assets/investments with generous tax concessions when the money goes in, while it is invested and when it comes out as an income stream.

However, on the flipside there are restrictions on how much you can contribute and when you can access the money. To receive the concessions the fund must be a complying one and adhere to all the laws and regulations stipulated by law. Failure to do so can potentially be very costly.

In the next part, I will be looking at the types of superannuation funds.

Cheers

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Melbourne Armenian Radio Program

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<td>3CR AGBU Voice</td>
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<td>3ZZZ</td>
<td>92.3 FM</td>
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Water – A Vital Nutrient

The human body can last weeks without food, but only days without water. The body is made up of 55 to 75 per cent water. Water forms the basis of blood, digestive juices, urine and perspiration and is contained in lean muscle, fat and bones.

As the body can’t store water, we need fresh supplies every day to make up for losses from the lungs, skin, urine and faeces. The amount we need depends on our body size, metabolism, the weather, the food we eat and our activity levels.

Facts about our internal water supply include:

- Body water content is higher in men than in women and falls in both with age.
- Most mature adults lose about 2.5 to 3 litres of water per day. Water loss may increase in hot weather and with prolonged exercise.
- Elderly people lose about two litres per day.
- An air traveler can lose approximately 1.5 litres of water during a three-hour flight.

Water loss needs to be replaced.

The importance of water

Water is needed for most body functions, including to:

- Maintain the health and integrity of every cell in the body
- Keep the bloodstream liquid enough to flow through blood vessels
- Help eliminate the by-products of the body’s metabolism, excess electrolytes (for example, sodium and potassium), and urea, which is a waste product formed through the processing of dietary protein
- Regulate body temperature through sweating
- Moisten mucous membranes such as those of the lungs and mouth
- Lubricate and cushion joints
- Reduce the risk of cystitis by keeping the bladder clear of bacteria
- Aid digestion and prevent constipation
- Moisturize the skin to maintain its texture and appearance
- Carry nutrients and oxygen to cells
- Serve as a shock absorber inside the eyes, spinal cord and in the amniotic sac surrounding the fetus in pregnancy.

Recommended daily fluid intake

Approximate adequate daily intakes of fluids in litres per day:

- Infants 0–6 months – 0.7
- Infants 7–12 months – 0.9
- Children 1–3 years – 1.0
- Children 4–8 years – 1.2
- Girls 9–13 years – 1.4
- Boys 9–13 years – 1.6
- Girls 14–18 years – 1.6
- Boys 14–18 years – 1.9
- Women – 2.1
- Men – 2.6.

Sedentary people (people who are not mobile), older people, people in cold environments or people who eat a lot of high water content foods (such as fruits and vegetables) may need less water.

Things to remember

- Water is essential to most bodily functions.
- The body has no way to store water and needs fresh supplies every day.
- Adult women should consume around two litres (eight cups) and adult men 2.6 litres (about 10 cups) of fluids a day to prevent dehydration.
- Australia has the best quality and sources of water, so let’s start drinking!

Information sourced from the Better Health Channel
Recipes From Maral’s Kitchen

For this issue, I am using “Treasured Armenian Recipes” a fantastic recipe book published by The Detroit Women’s Chapter of the AGBU.

Two traditional Armenian meals: - Targhana soup is my favourite soup especially in winter when it is very cold & wet. As to my second recipe … Do you know what Katch Vartan had for dinner before going to war against Persia? Yes you guessed it …another one of my favourite Armenian meals.

Targhana (An Armenian Soup)

2 pounds farina 2 quarts madzoon (yoghurt)
2 pounds flour 1 quart milk
5 eggs

Sift the flour and the farina together until well blended. Pour the hot milk over it and mix. Beat the eggs and add the yoghurt. Pour this slowly over the first mixture and knead together. Let it stand over-night. Next day divide the dough into small pieces, place them on a cloth and let them dry in the sun or in a windy place. When one side has dried turn them over to dry the other side.

Crush the dried pieces between the palms of your hands and then put them through the sieve. Keep Targhana in jars until needed.

Herisah or Keshkeg (Wheat with Chicken)

1 cup whole grain skinless wheat 1/8 lb. butter
2 cups shredded chicken Paprika, salt, pepper
1 qt. boiling water Cumin
1 pt. chicken broth

Wash and soak wheat in hot water overnight. Keep covered in a warm place. Next day add the meat and broth and cook slowly until wheat is soft and the water is absorbed. Add more water if necessary during cooking. Then add the salt & pepper and keep on beating with a wooden spoon until the mixture is smooth and mushy.

When serving, melt the butter and paprika together and pour over the herisah on the platter. Sprinkle with cumin.

Lamb or beef may be substituted for chicken.
This quarter, we have borrowed a recipe from Grazyna's kitchen as well as Maral! Grazyna is a neighbour of our very own Yeran Kassardjian and she was kind enough to provide us with a beautiful apple cake which many of us sampled at the end of the meal night in May. Many asked for the recipe. Here is it for you now.

APPLE CAKE

5 eggs
1 mug white sugar
2 mugs self raising flour
1 250gm unsalted butter (melted - note: used HOT in the recipe)
2 tspns vanilla sugar
5 - 6 big apples (any variety will work) - skinned. (Apples should be cut into small pieces and coated in flour and cinnamon powder - this prevents them all sticking together and allows them to be dispersed through the cake)

Separate the eggs. Whip the whites of the egg (but not to a pavlova stage) and add the sugar slowly. Now add the yolks, then the vanilla sugar.

Sift in the flour and add the hot melted butter. Mix well. Add the apples and mix through with a spoon.

Bake in a non-stick baking dish (33 x 23 cm) and bake for 45 mins at 175 degrees. Note: line the dish with non stick paper anyway.

Check if cooked ... with a toothpick.

Sprinkle with icing sugar after it is cool.
Hi All,
In this edition I have Chinese Cuisine for you. It is in Brighton. We actually got addicted to this one LOL. We try to go every 2 or 3 weeks ..... that’s how much we like it!

The staff are very friendly. Service is excellent ... and of course the food is brilliant. Decor is simple - nice and very clean.
We usually start with Appetizers, for example:-

Fried Won Ton
Spring rolls
Dumplings (the steamed ones are very nice)

For Mains we usually get a few dishes and share it in the middle. This is a good way to get to taste a selection of a few different dishes. Ones to watch out for are:- Special combination Bird's Nest (it is prawns, scallops & calamari) with veggies in a potato basket YUMMY or ..... Fried Salt and Pepper Calamari (it was funny that some people thought it was ‘chicken’ hehehehehe) As for the Fried Rice ... you don't see that greasy oil around the plate! If you like Beef with Black Bean Sauce ... this is most definitely the place to go.
It is Licensed as well as BYO. I highly recommend this place.

Bon Apetit.
Mari
On Sunday 21st July 2013
At 5:30pm
Glen Waverley Community Centre
Cnr. Springvale and Waverley Road
We will be having a Quiz/Trivia event,
suitable for all ages,
so start organising your teams
(approximately 10 per table)
and “get the brain cells working!”
Cost is $15 per person and $10 for kids.
Hot savouries, pizza and soft drinks included.

Access to Glen Waverley Community Centre through City of Monash Grants
A fun way of introducing ourselves to each other

This quarter we start to become familiar with our AGBU Spirit Basketball team members

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